
































## Rockland, ME - Nov 1995

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:35	10.4	5:56	10.7	11:36	0.4			6:12	4:27	
2	Thu	6:37	10.6	7:01	10.7	12:12	-0.3	12:43	0.2	6:14	4:25	
3	Fri	7:35	10.9	8:00	10.7	1:11	-0.3	1:44	-0.1	6:15	4:24	
4	Sat	8:27	11.2	8:54	10.7	2:07	-0.2	2:39	-0.3	6:16	4:23	
5	Sun	9:16	11.3	9:45	10.6	2:57	-0.1	3:29	-0.5	6:18	4:21	
6	Mon	10:02	11.3	10:31	10.4	3:44	0.1	4:16	-0.5	6:19	4:20	
7	Tue	10:44	11.1	11:15	10.1	4:27	0.3	4:58	-0.4	6:20	4:19	
8	Wed	11:23	10.9	11:56	9.9	5:07	0.6	5:38	-0.3	6:22	4:18	
9	Thu	11:59	10.6			5:45	0.9	6:17	0.0	6:23	4:17	
10	Fri	12:35	9.6	12:33	10.3	6:22	1.2	6:55	0.2	6:24	4:15	
11	Sat	1:13	9.3	1:07	10.1	7:01	1.5	7:35	0.5	6:26	4:14	
12	Sun	1:51	9.0	1:45	9.8	7:42	1.7	8:17	0.7	6:27	4:13	
13	Mon	2:32	8.9	2:28	9.5	8:26	1.9	9:02	1.0	6:28	4:12	
14	Tue	3:17	8.8	3:16	9.3	9:16	2.1	9:50	1.1	6:30	4:11	
15	Wed	4:06	8.8	4:10	9.2	10:09	2.1	10:41	1.2	6:31	4:10	
16	Thu	4:59	9.0	5:07	9.2	11:05	1.9	11:33	1.1	6:32	4:09	
17	Fri	5:51	9.3	6:06	9.3			12:02	1.5	6:33	4:08	
18	Sat	6:42	9.7	7:03	9.5	12:24	1.0	12:56	1.0	6:35	4:07	
19	Sun	7:30	10.3	7:56	9.9	1:14	0.7	1:48	0.4	6:36	4:07	
20	Mon	8:16	10.9	8:48	10.2	2:03	0.4	2:39	-0.3	6:37	4:06	
21	Tue	9:03	11.5	9:38	10.6	2:51	0.1	3:28	-0.9	6:39	4:05	
22	Wed	9:50	12.0	10:28	10.8	3:39	-0.2	4:17	-1.4	6:40	4:04	
23	Thu	10:39	12.4	11:19	11.0	4:28	-0.4	5:07	-1.8	6:41	4:03	
24	Fri	11:29	12.5			5:18	-0.5	5:59	-1.9	6:42	4:03	
25	Sat	12:12	11.1	12:22	12.5	6:11	-0.5	6:52	-1.9	6:44	4:02	
26	Sun	1:07	11.0	1:18	12.2	7:06	-0.4	7:47	-1.6	6:45	4:02	
27	Mon	2:05	10.9	2:18	11.8	8:04	-0.1	8:44	-1.3	6:46	4:01	
28	Tue	3:07	10.8	3:22	11.3	9:07	0.1	9:44	-0.9	6:47	4:00	
29	Wed	4:10	10.7	4:30	10.8	10:12	0.3	10:46	-0.5	6:48	4:00	
30	Thu	5:13	10.7	5:37	10.5	11:19	0.3	11:47	-0.2	6:49	4:00	